

# FOOD GUIDE PYRAMID

## For Young Children

A Daily Guide for  
1- to 3-Year-Olds



## What Counts As One Serving?

### Grains

¼ to ½ slice bread or tortilla  
¼ cup rice or pasta  
¼ cup cooked cereal  
⅓ cup dry cereal  
2 to 3 crackers

### Vegetables

⅓ cup raw vegetables  
¼ cup cooked vegetables

### Fruits

½ cup fruit juice  
1 small fruit or ¼ cup

### Milk

½ cup milk or yogurt  
¾ oz. cheese  
¾ cup ice cream  
½ cup frozen yogurt

### Meat

1 oz. meat, poultry, or fish  
1 egg  
½ cup cooked beans or peas

Your child may need more servings than the general recommendations. **Ask your nutritionist what number of servings is right for your child.**

Nuts, peanut butter, raisins, whole grapes, and hot dogs can cause choking and are not recommended for children under three years of age.

